

Oysters Give Us So Much!

Here are just a few reasons to enjoy these sea-licious bivalves:

- Only 3 ounces of oysters provide more than 1 gram of omega 3 fatty acids, or about 6 medium oysters (100g) have 740mg of Omega 3 Fatty Acids.
- A serving of oysters contains more Zinc than any other food per serving (76.7mg in 6 medium oysters). From the Coast Seafood Company
- Oysters help maintain a healthy ecosystem by filtering water to improve water quality!

Fish Facts
Heath
Seafood
Oysters
Omega 3
Michael-Ann Rowe



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